

GCSE FOOD PREPARATION AND NUTRITION

Food Preparation and Nutrition is an important subject because it underpins many careers and teaches many life-skills which are invaluable to all.

Who is it for?

This new GCSE Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food, provenance and the working characteristics of food materials. At its heart, this qualification focuses, on nurturing students' practical cookery skills to give students a strong understanding of nutrition.

What will I study?

Food Preparation and Nutrition specification sets out the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.

Food preparation skills are integrated into five core topics: Food, Nutrition and Health, Food science, Food safety, Food choice and Food provenance. The range of food and ingredients studied should reflect the recommended guidelines for a healthy diet based on the main food commodity groups.

How will I study?

The majority of the specification should be delivered through preparation and making activities. Students must be able to make the connections between theory and practice to apply their understanding of food and nutrition to practical preparation. Students will complete the below:

Task 1: Food investigation - Students' understanding of the working characteristics, functional and chemical properties of ingredients.

Task 2: Food preparation assessment - Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task. Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours.

What exams are there?

- 50% coursework
 - Task 1:** written or practical report (1,500-2000) including photographic evidence of practical investigation.
 - Task 2:** Written or electronic portfolio including photographic evidence of three final dishes.
- 50% examination
 - Written exam, 1 hour 45 minutes, 100 marks principles of preparation and nutrition, healthy eating; food safety; food science; product design; food industry practice and trends in food products and design.

Pre-requisites

If you are opting for this course, you must be highly organised and be aware of health and safety issues in a potentially hazardous area. You must be prepared to buy ingredients and pay £5.00 for a portfolio. Of course, it also helps if you love to cook!

Upon completion of this course, students will be qualified to go on to further study, or embark on an apprenticeship or full time career in the catering or food industries.

For further information see:

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